

ABSTRACT OF THE DISCLOSURE

A healthcare system is composed of a healthcare apparatus for obtaining health-related information of a user and a server for creating exercise menu information to be a target for the user to do exercise and advice information for healthcare of a user. The healthcare apparatus transmits the obtained health-related information to the server. The server creates exercise menu information and transmits the created exercise menu information to the healthcare apparatus, before the healthcare apparatus obtains health-related information. Furthermore, after receiving the health-related information, the server creates advice information based on the exercise menu information and the received health-related information, and transmits the created advice information to the healthcare apparatus.

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